



Space-Saving Bench and Rack

Model No. HABR60

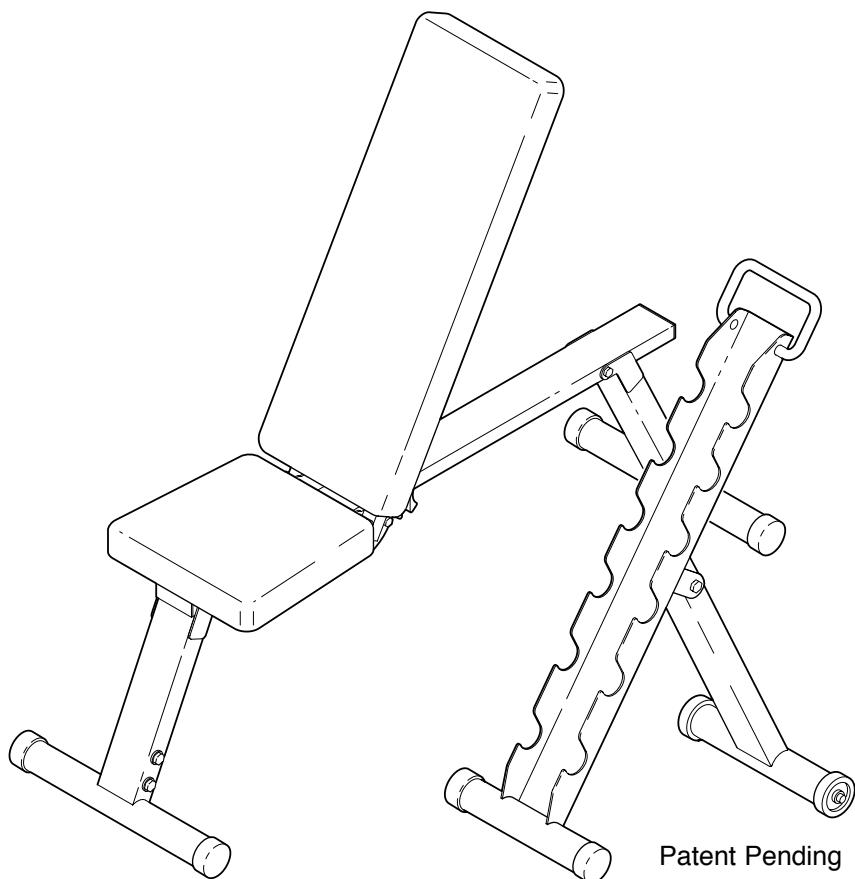
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-322-2211
Mon.-Fri., 6 a.m.-6 p.m. MST

USER'S MANUAL



Patent Pending

! CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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Table of Contents

Important Precautions	2
Before You Begin	3
Assembly	4
Adjusting the Weight Bench	6
Suggested Exercises	7
Exercise Guidelines	8
Part List	10
Exploded Drawing	11
Ordering Replacement Parts	Back Cover
Limited Warranty	Back Cover

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.
5. Always wear athletic shoes for foot protection while exercising.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
8. Always place the heaviest weights on the bottom rungs of the dumbbell rack.
9. The weight bench is designed to hold a maximum of 360 pounds, including the user and weights. The rack is designed to hold a maximum of 150 pounds.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

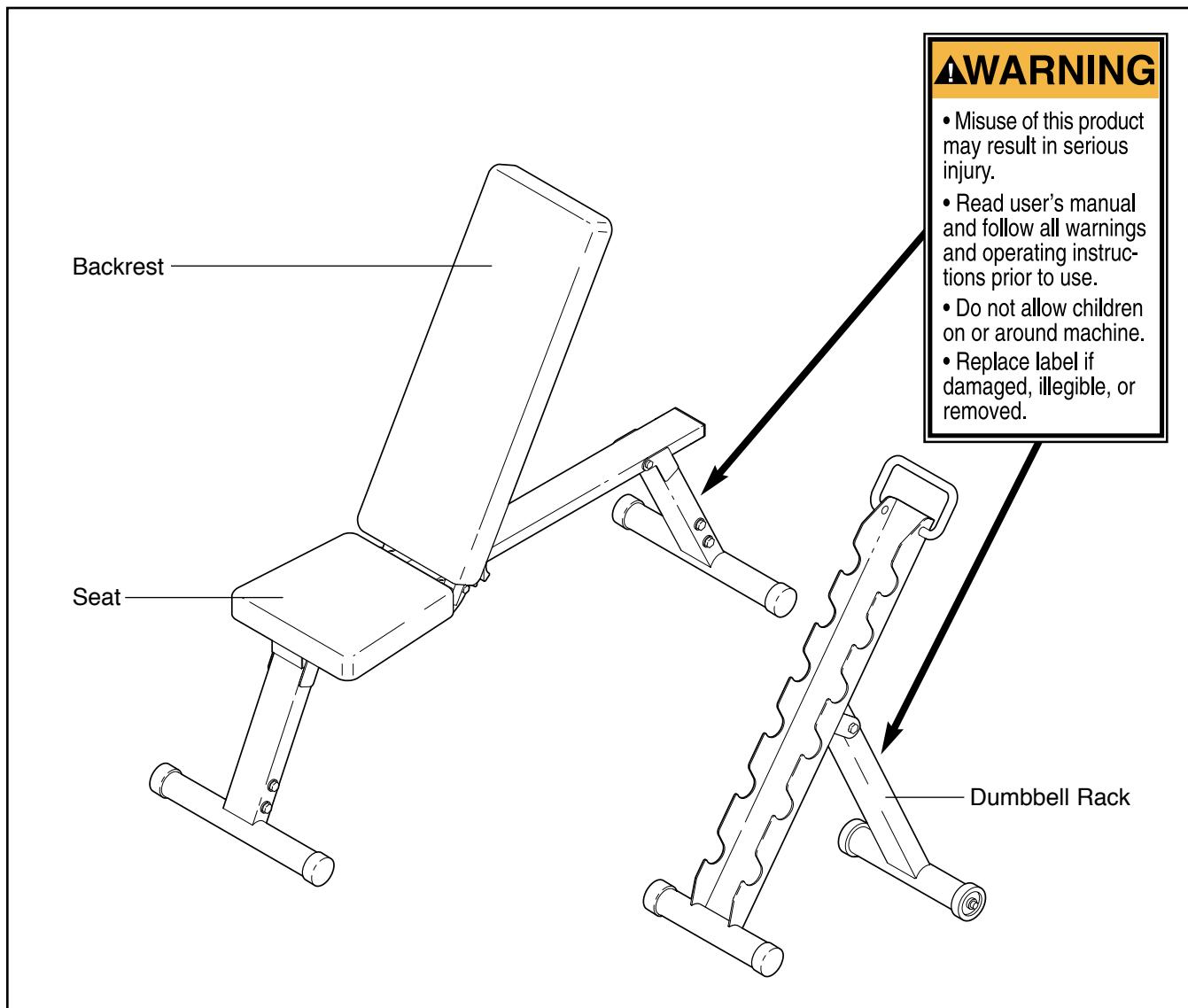
Before You Begin

Thank you for selecting the versatile CLUB WEIDER® Space-Saving Bench and Rack. The CLUB WEIDER Space-Saving Bench and Rack are designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the Space-Saving Bench and Rack will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the Space-Saving Bench and Rack. If you

have additional questions, please call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number before calling. The model number is HABR60.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



The decal shown above has been placed on the weight bench and the dumbbell rack. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.

Assembly

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) may be required for assembly:

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

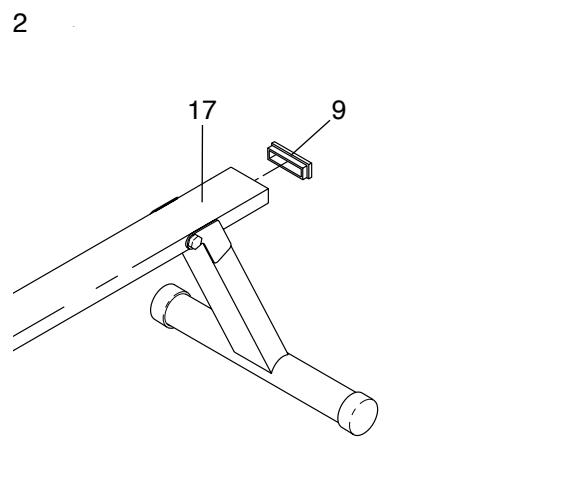
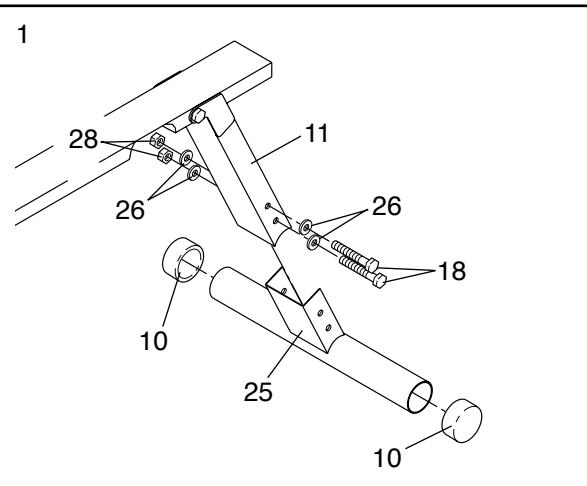
1. Pivot both Bench Legs (11) down to the position shown.

Insert a Stabilizer (25) into one of the Bench Legs (11) as shown. Attach the Stabilizer with two M8 x 85mm Bolts (18), four M8 Washers (26), and two M8 Nylon Locknuts (28).

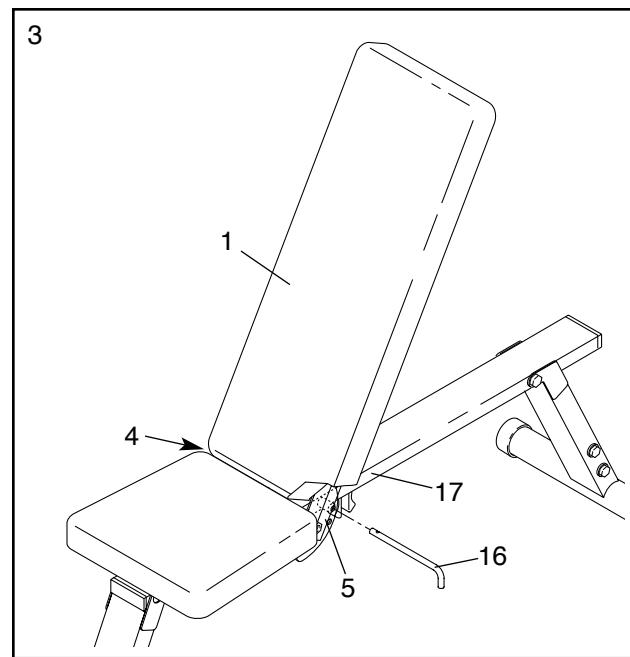
Attach the other Stabilizer (25) to the other Bench Leg (11) in the same way.

Press Stabilizer Outer Caps (10) onto the ends of both Stabilizers (25).

2. Press a Bench Frame Inner Cap (9) into each end of the Bench Frame (17).



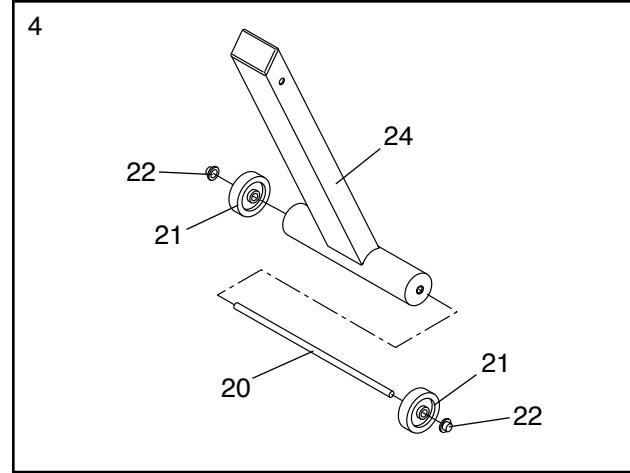
3. Raise the Backrest (1) to the desired position and hold it. Secure the Backrest by inserting the Backrest Pin (16) completely through the desired holes in the Backrest Frames (4, 5) and the welded tube in the Bench Frame (17).



4. Tap an Axle Cap (22) onto one end of the Axle (20). Next, slide a Wheel (21) onto the Axle.

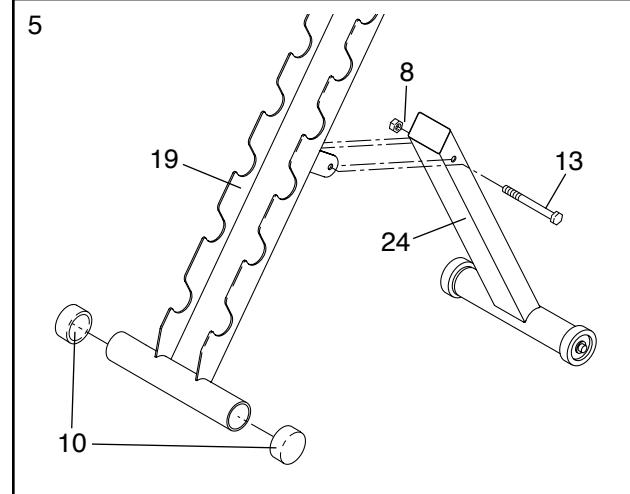
Insert the Axle (20) through the Support Leg (24).

Slide the other Wheel (21) onto the Axle (20) and tap the other Axle Cap (22) onto the end of the Axle.



5. Press Stabilizer Outer Caps (10) onto the ends of the stabilizer on the Dumbbell Rack (19).

Attach the Support Leg (24) to the Dumbbell Rack (19) with the M10 x 95mm Bolt (13) and an M10 Nylon Locknut (8).



6. **Make sure all parts are properly tightened before you use the weight bench.**

Adjusting the Weight Bench

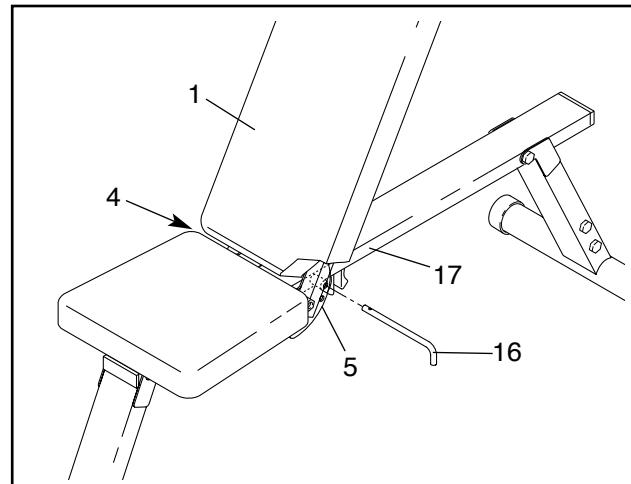
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 8 for important information on how to get the most benefit from your exercise program. Refer to the SUGGESTED EXERCISES on pages 7 and 8 to see the correct form for several exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

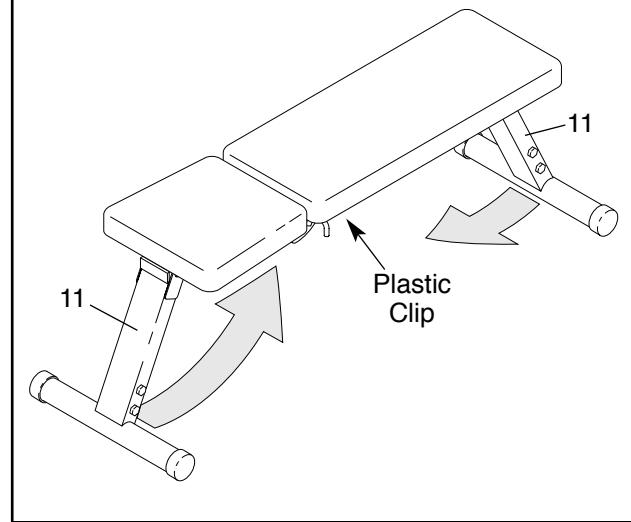
Before beginning an exercise, adjust the Backrest (1) to the position that is best suited for the exercise. To do this, insert the Backrest Pin (16) through the appropriate holes in the Backrest Frames (4, 5) and the welded tube in the Bench Frame (17).

WARNING: Always secure the Backrest (1) in position with the Backrest Pin (16) when performing an exercise.



STORING THE BENCH

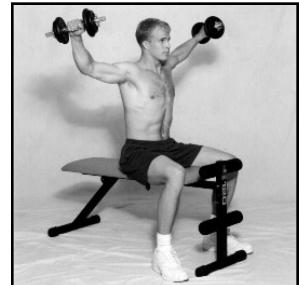
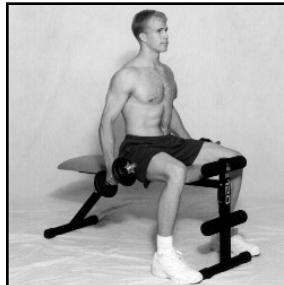
To store the bench, fold the Bench Legs (11) under the bench and snap them into the Plastic Clip (not shown).



Suggested Exercises

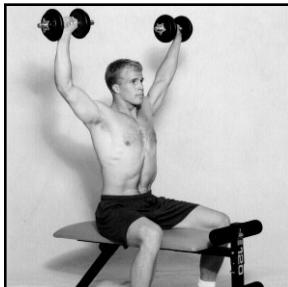
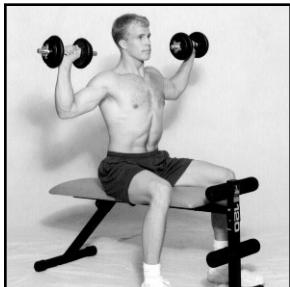
IMPORTANT: This page and page 8 show a selection of exercises that can be performed using the weight bench. Although the photographs show different weight benches, the exercises are performed in the same way.

For more exercise information, refer to the **EXERCISE GUIDELINES** on page 8. For muscle locations, refer to the muscle chart on page 10.



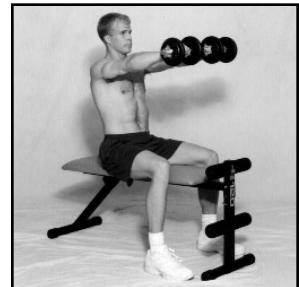
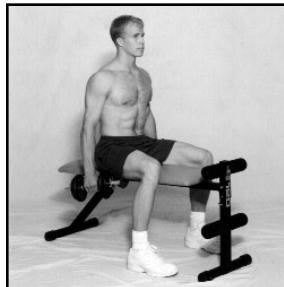
Seated Lat Raise

Raise the dumbbells to the side until they are level with your head.



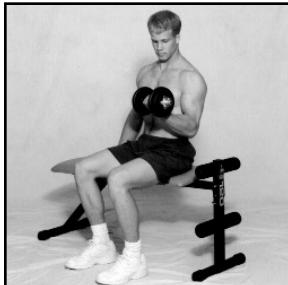
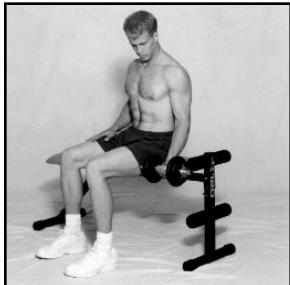
Military Press

Press the dumbbells up in a straight line.



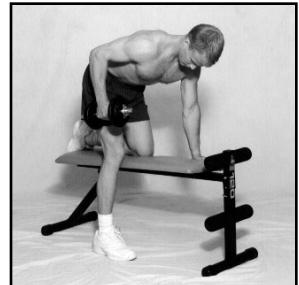
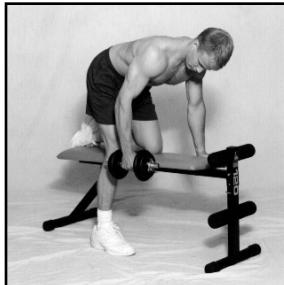
Seated Front Raise

Raise the dumbbells to the front until your arms are horizontal.



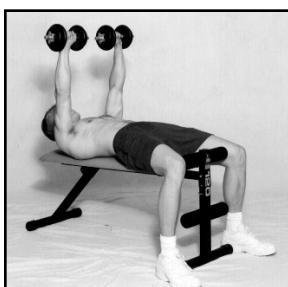
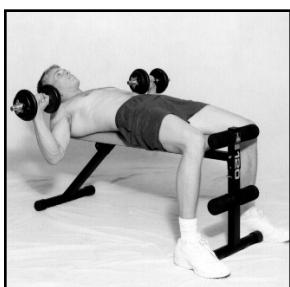
Biceps Curl

Keep your upper arm stationary.



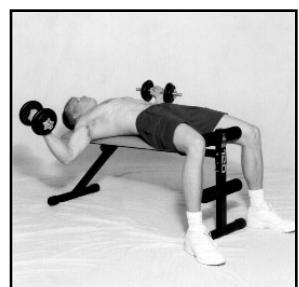
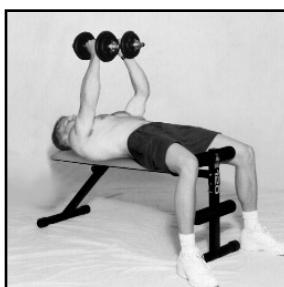
Bent Over Row

Lift the dumbbell in a straight line.



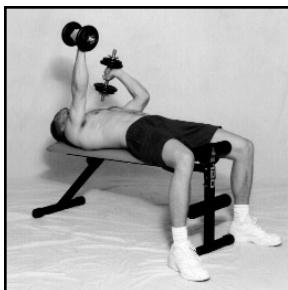
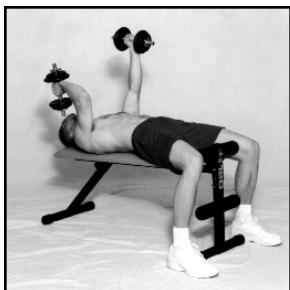
Bench Press

Press the dumbbells up in a straight line. **Note:** A variation of this exercise can be performed with the backrest raised.



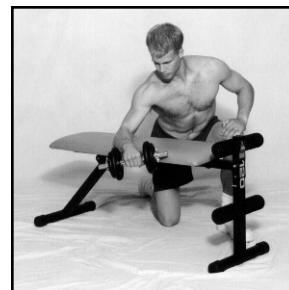
Flye

Bend your elbows as you lower the dumbbells to the side. **Note:** A variation of this exercise can be performed with the backrest raised.



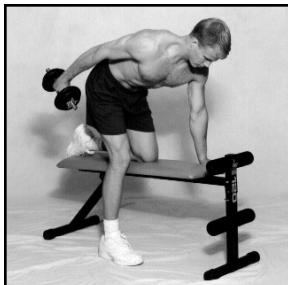
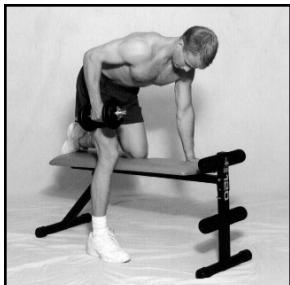
Alternate French Curl

Keep your upper arms stationary.



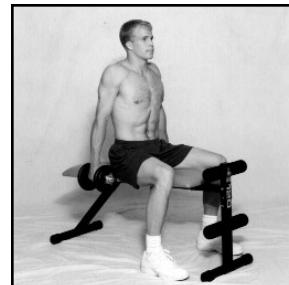
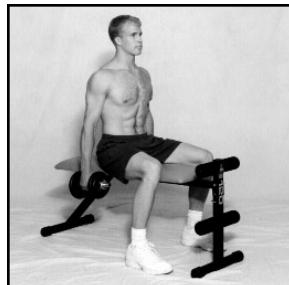
Forearm Curl—(a) Palm Up, (b) Palm Down

Keep your arm stationary. Raise and lower the dumbbell using only wrist motion.



Triceps Kick Back

Keep your upper arm stationary and move the dumbbell straight back.



Shoulder Shrug

Keep your arms straight and shrug your shoulders up as far as possible.

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor each exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of “repetitions” or “sets” performed (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of repetitions).

The proper amount of weight for each exercise depends upon the individual user; you must select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate

amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using more weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and balanced fitness program. Cross training is an efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body and develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On pages 7 and 8 of this manual,

you will find photographs showing the correct form for several exercises. A description of each exercise is also provided.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last only about half as long as the return stage. Proper breathing is important: exhale during the exertion stage of each repetition, and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout
- Rest for one minute after each set for a toning workout
- Rest for 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

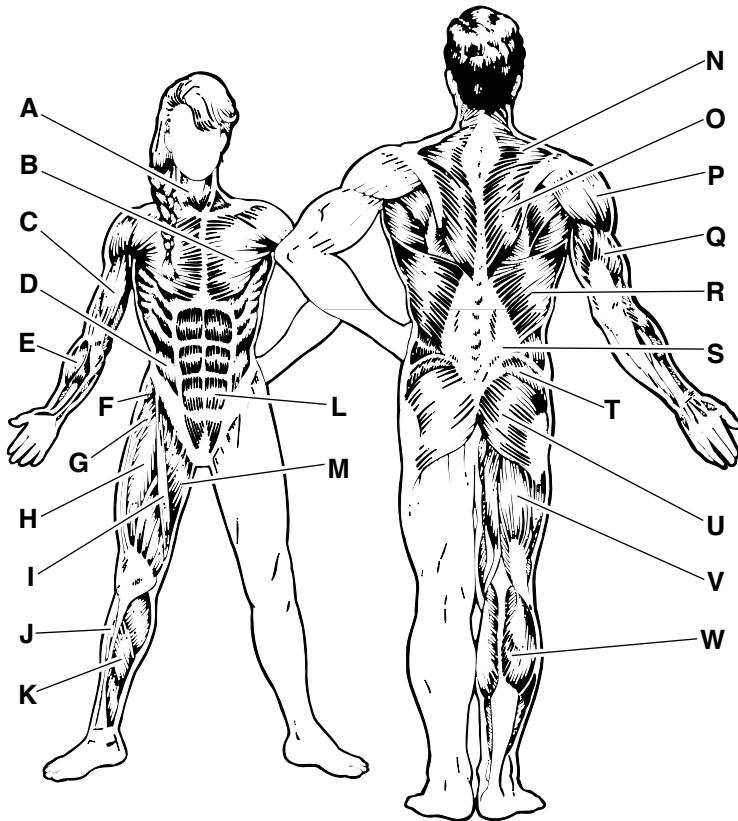
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

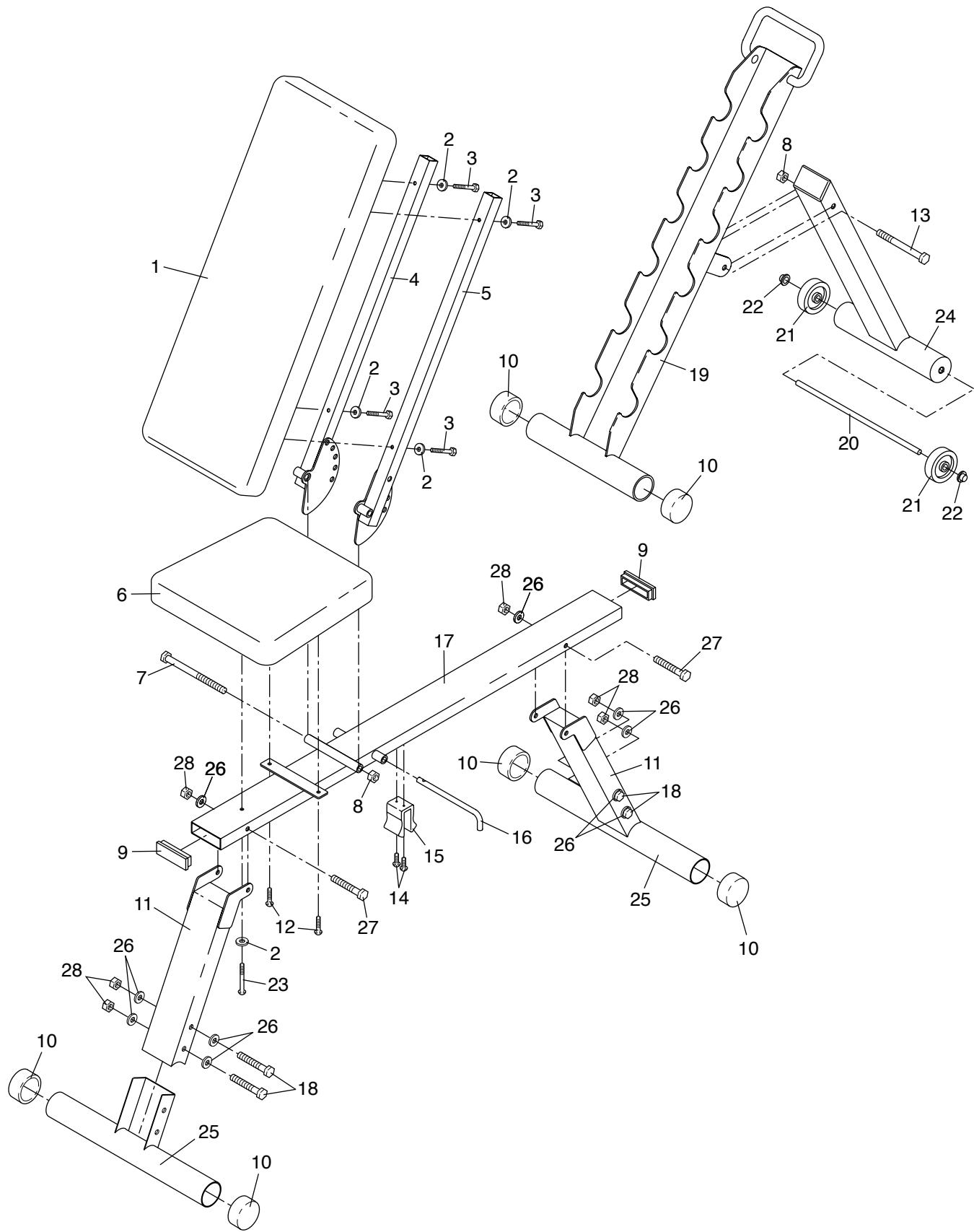


Part List—Model No. HABR60

R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	17	1	Bench Frame
2	5	M6 Washer	18	4	M8 x 85mm Bolt
3	4	M6 x 38mm Screw	19	1	Dumbbell Rack
4	1	Right Backrest Frame	20	1	Axle
5	1	Left Backrest Frame	21	2	Wheel
6	1	Seat	22	2	Axle Cap
7	1	M10 x 195mm Bolt	23	1	M6 x 50mm Bolt
8	2	M10 Nylon Locknut	24	1	Support Leg
9	2	Bench Frame Inner Cap	25	2	Stabilizer
10	6	Stabilizer Outer Cap	26	10	M8 Washer
11	2	Bench Leg	27	2	M8 x 90mm Bolt
12	2	M6 x 16mm Screw	28	6	M8 Nylon Locknut
13	1	M10 x 95mm Bolt	#	2	5-pound Weight
14	2	Clip Screw	#	2	10-pound Weight
15	1	Plastic Clip	#	2	15-pound Weight
16	1	Backrest Pin	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-322-2211, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HABR60)
- The NAME of the product (CLUB WEIDER® Space-Saving Bench and Rack)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813